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February 27, 2023

Dear Center Managers,

Attached are your nutrition education materials for the Spring Quarter, FY23. Please provide each congregate client with a piece of nutrition education once per month. Your home bound clients should receive nutrition education just once per quarter.

Due to a special request from our Spanish speaking clients, we have included a Spanish version of the "Food Safety Mythbusters" handout this quarter for your Spanish speaking clients. Please make this handout available to those clients.

Utilize these handouts not only to increase your clients' nutrition knowledge but to also meet the timely requirements of the Elderly Nutrition Program. The nutrition handouts for this quarter are:

1. For April, utilize the handout titled, "Food Safety Mythbusters". The Spanish version is included.
2. For May, utilize the handout titled, "Green Grapes". This handout is our recommendation to use for the home bound clients as well.
3. In June, utilize the handout titled, "Stay Active with a Disability".

All materials were adapted from reputable sources. We hope you find this information interesting and useful. Let your Nutrition Coordinators know if there are any food/nutrition/health topics you are interested in learning about in the future. The ADSS Nutrition Team continues to be grateful for what you are doing to feed our seniors. Thank you all!

Sincerely,
The ADSS Nutrition Team